

The Lade Centre

What's on in September?

Drop-in area: all welcome pop in for a chat and cuppa

Monday Thursday 10:00 - 16:00 Friday 10:00 - 14:00

Main Hall:

Monday:

Morning - Weekly Ukulele Fun Strum 11:00 -12:00 All welcome.

Afternoon - Weekly Word/Board/Card Games 13:00 -16:00 all welcome.

Tuesday:

Morning - Weekly Gentle Movement Programme 11:00 -12:00 max 8 by referral class full.

Afternoon - Weekly Rothesay Bridge Club 14:00 -17:00 members only.

Evening - Weekly Pilates 17:45 -18:45 Class full.

Wednesday:

Morning -

Afternoon – 13:30 – 14:30 Sing - along weekly all welcome

Evening - Boxercise Fitness Class starting 14th September 18:30 to 19:15 Class full.

Thursday:

Morning - Chair yoga 11:30 -12:30 cost £3.00 or donation all welcome

Afternoon - Weekly Writers group 13:15 -15:00 all welcome

Evening - Weekly Rothesay Bridge Club 18:45 - 21:45 members only

Friday:

Friday Morning Uke 10:00 -13:00

Last Friday of the month Stepping Stones 11:00-13:00

10:00 -12:30 hot filled rolls (bacon & sausage) available donations gratefully received.

Saturday 24th September Table Top Sale 11:00 -15:00

Limited number of tables available @ £10 payable when booking. Please book at the Lade Centre open 10:00 -1600 Monday to Thursday closes at 14:00 on Fridays.